

# Ask-the-Doctor Checklist

## Before the visit:

- Complete the Healthwise Self-Care Checklist on page 1 and take it with you.
- Take a list of any medications you are currently taking. If you have seen a doctor before for a similar problem, take the record from the visit with you.

## During the visit:

- State your main problem first.
- Describe your symptoms (use page 1).
- Describe past experiences with the same problem.

## After the visit, write down:

- What is wrong: \_\_\_\_\_
- What might happen next: \_\_\_\_\_
- What you can do at home: \_\_\_\_\_  
\_\_\_\_\_

## For drugs, tests, and treatments, you may want to ask:

- What is its name? \_\_\_\_\_
- Why is it needed? \_\_\_\_\_
- What are the risks? \_\_\_\_\_
- Are there alternatives? \_\_\_\_\_
- What if I do nothing? \_\_\_\_\_
- (For drugs) How do I take this? \_\_\_\_\_
- (For tests) How do I prepare? \_\_\_\_\_

## At the end of the visit, ask:

- Am I to return for another visit? \_\_\_\_\_
- Am I to phone in for test results? \_\_\_\_\_
- What danger signs should I look for? \_\_\_\_\_
- When do I need to report back? \_\_\_\_\_
- What else do I need to know? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_